

Take Charge!

FOR HEALTH AND LIVING



NOVEMBER 2010

QUIK**RISK**™

Pre-Diabetes – Are you at risk?

Before people develop type 2 diabetes, they often have *pre-diabetes* as fasting blood glucose levels reach higher than normal – between 100 and 125 mg/dL.

Pre-diabetes often has no symptoms so the only sure way to know if you have it is to get your blood glucose tested.

However, this quick risk assessment from the American Diabetes Association can help you determine whether pre-diabetes could be a problem for you. Check the appropriate response next to each statement and see how you score.



Testing: If you have checked any of the pre-diabetes risk factors listed at left, talk to your health care provider about getting tested. A fasting blood sugar test is generally recommended at age 45 for everyone, or younger if at risk.

The good news: Research shows that people who have pre-diabetes can delay or prevent developing type 2 diabetes by making lifestyle changes. These include losing excess weight, eating a balanced diet, managing conditions such as unhealthy cholesterol and high blood pressure and exercising regularly.

Losing just 10 to 15 pounds and exercising moderately 30 minutes a day, 5 days a week can significantly reduce your risk. You can count on it!

☐ Yes
☐ No Excess weight (especially around the waist)

☐ Yes
☐ No High blood pressure

☐ Yes
☐ No HDL cholesterol under 35

☐ Yes
☐ No Age over 45

☐ Yes
☐ No Lack of exercise

☐ Yes
☐ No Family history of diabetes

☐ Yes
☐ No Ethnic background – African, Hispanic, Native, or Asian Americans and Pacific Islanders

☐ Yes
☐ No History of diabetes during pregnancy (women)

HEALTH & WELLNESS EVENTS

Career Planning Facing Layoff

Thursday, November 4

12 noon – 1:00 pm

SMT Room 4050

Registration required

Retirement Readiness – Social Security

Friday, November 5

12 noon – 1:30 pm

City Hall – Bertha K. Landes Rm.

Q&A Session with Social Security Administration and Deferred Compensation Center

Tuesday, November 9

12 noon – 12:45 pm

SMT Room 4050

Registration required

Blood Pressure Screening

Tuesday, November 16

Stop by 10:30 am – 1:30 pm

SMT 4096

Surviving the Holiday Season

Tuesday, November 16

12 noon – 1:00 pm

SMT Room 4050

Deferred Compensation Enrollment

Wednesday, November 17

12 noon – 12:45 pm

SMT Room 4080

INSIDE

REGAIN YOUR BALANCE GETTING SKI-READY SLIM AND ACTIVE
CHOOSING A SLEEP AID TRAVELING WELL DESKTOP DINING



SUBSCRIBERS: Find more tips on everyday wellness available at Well Connections:

www.personalbest.com/Extras/bbwc1110



REGAIN YOUR BALANCE

Do you often run short on time to do what needs doing?

Would you like to find more time for fun, exercise and personal care? Too many “must-dos” can lead to fatigue, stress and unhappiness. To get your life back in balance, try these timely tips.

Add more time to your day:

- ▶ Record the time spent on each task in your schedule for a week. Look for time-wasters to cut or tasks to delegate.
- ▶ Combine errands to save driving; break big chores into smaller daily tasks to free up weekend time.
- ▶ Avoid “multitasking” – it can reduce your productivity.
- ▶ Limit email, texting and online social networking.
- ▶ Turn off phones and laptops to have uninterrupted time with friends or family.

Add more life to your time:

- ▶ Make a list of the top 6 activities you value and make them priorities.
- ▶ Take a vacation and focus on what makes you happy.

Final thoughts: Keep a clear boundary between work and home, and give your full attention to each – leave work behind when you go home, if possible. With some practice you can learn to maintain a healthy balance in your life.

Getting Ski-Ready

Snow means time to pull out the skis! But before you hit the slopes, get ski-ready with these pre-conditioning tips (get your health care provider’s okay first):

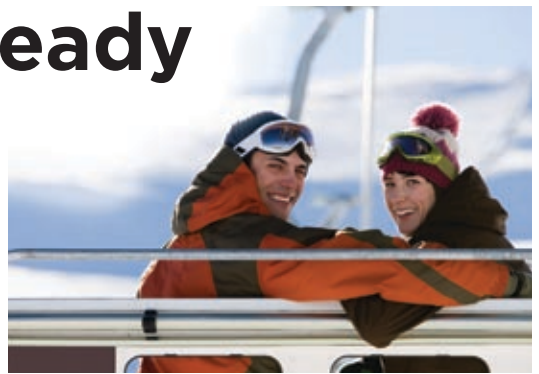
Loosen up. Do stretching workouts that keep you limber. Before you hit the slopes, warm up your muscles with 5 to 10 minutes of exercise and then stretch. Don’t forget to stretch after skiing, too.

Improve your balance. Use a balance board or exercise ball for balance training. Or try one-legged squats or standing on one foot with eyes closed.

Increase your speed and endurance. Raise your heart rate for 40 to 60 minutes a day – try walking, running, or biking. Pick something you enjoy to stay motivated.

Strengthen your entire body:

Core – Do crunches or try a Pilates



workout. Use proper form to prevent back injuries.

Legs – Try squats, lunges, stairs, walking hills for thighs and walk, jog, bike or swim for strong calves.

Arms and shoulders – Your pole plant technique can make or break your run through bumps or short turns. Include your lats, triceps and upper back muscles.

With a little pre-conditioning this season you may find yourself advancing to more challenging runs. And best of all, those post-skiing aches and pains will be a thing of the past!

Lifestyles of the Slim and Active



You may envy them, but people who have a healthy weight can be good role models when it comes to weight control. Just watch them. You’ll probably see they move more – around the house or at work, they are likely to stay busy with chores, watch less TV, stand instead of sit, or just fidget a lot.

Of course the more active you are the more calories you burn. In general, slim people often practice positive eating and exercise habits without much thought

or planning, according to weight management expert Lavinia Rodriguez, Ph.D. She says people who maintain a healthy weight tend to:

- ▶ Eat a wide variety of healthful foods.
- ▶ Eat slowly and savor their food.
- ▶ Eat when they are hungry and stop when they feel satisfied.
- ▶ Avoid letting other people or situations determine when they eat and how much they eat.
- ▶ Eat smaller, more frequent meals rather than skipping meals or going long periods of time without eating.
- ▶ Be more active than chronic dieters, and not just with scheduled exercise.

Best Goal: Focus less on weight and more on lifestyle – stay aware of diet and exercise choices that affect your overall health and well-being. These are steps that will help you stay slim for life.

Choosing a Sleep Aid



More than 50 million Americans suffer from some sort of treatable sleep disorder. Ongoing sleep deprivation contributes to poor health and reduces your quality of life.

What can you do to improve your sleep? Relax before bedtime, limit caffeine, alcohol and naps, exercise regularly and, most important, follow the same sleep schedule.

When self-care measures fail, ask your health care provider about treatment. Following is a brief summary of current drug options.

Over-the-Counter Options

Antihistamines. Diphenhydramine and doxylamine are antihistamine-based medicines that may aid sleep for a short time, but are not recommended to aid sleep for more than a few weeks. They can cause drowsiness, impaired performance and driving, and urinary retention.



Valerian. This herbal supplement may help improve sleep, but the long-term safety and best dose are unknown.

Melatonin. This hormone supplement may aid some patients with insomnia, but the long-term safety is unknown.

Prescription Medications

Prescription sleeping pills can be helpful for occasional, short-term use, such as during bereavement or brief periods of high stress. However, these medicines can have adverse side effects and may interact with other drugs. Wake-time sedation, decreased alertness, and motor impairment can occur; never take them with alcohol or sedatives.

Bottom line: If you're running short on zzz's seek help from your provider. Use prescription and OTC sleep medications cautiously – and always with your provider's guidance.

Staying Well by Plane and Sea

Don't let discomfort ruin your trip.

The CDC recommends these measures for safe and healthy travels:



- Limit alcohol use; never drive, swim or go boating after or while drinking.
- Stay active year round. Walk, snowshoe, swim, or play beach ball.
- Get all required vaccinations before traveling.
- Pack medicines and copies of your prescriptions.
- When boating, wear a flotation device.
- Wear sun protection – sunglasses, light, loose clothing and sunscreen with an SPF of at least 30.
- Eat a variety of foods, including vegetables, fruits, whole grains, lean protein, and low-fat or nonfat dairy.
- Drink water regularly to stay hydrated.

Do you get motion sickness?

It can occur when riding on trains, airplanes and boats, as well as car or amusement park rides. Common symptoms include nausea, cold sweats, vomiting, dizziness, headache and fatigue.

To prevent motion sickness: Sit in the front seat and keep your eyes on the horizon. Don't read. Rest your head against the seat back. Turn air vents toward your face. Don't smoke. Avoid heavy meals and alcohol the night before your trip; instead, eat light meals or snacks within 24 hours before travel.

If these steps don't work, ask your health care provider about preventive medications.



Q: Third-hand tobacco smoke harmful?

A: Third-hand smoke is nicotine residue from tobacco smoke that clings to hair, clothes, carpets, furniture and other objects indoors. It lingers for weeks or months and is considered a health hazard.

Inhalation or ingestion of and skin contact with the residue exposes people to tobacco smoke's 250 toxins, which include arsenic, cyanide and lead.

A recent study led by the Lawrence Berkeley National Laboratory showed that nicotine in the residue reacts

with the common indoor air pollutant nitrous acid to form tobacco-specific nitrosamines. These potent chemicals raise the cancer risk in anyone who inhales the substances or comes into contact with them.

Indoor ventilation does not eliminate third-hand smoke, nor does smoking outside. The residue clings to smokers and is spread when they go indoors, researchers say. If you smoke, quit. Avoid tobacco smoke whenever you can.

– Elizabeth Smoots, MD, FAAFP

STAY IN TOUCH

Keep those questions and suggestions coming!

phone: 800-871-9525

fax: 205-437-3084

e-mail: editor@personalbest.com

website: www.personalbest.com

Editor: Susan Cottman

Assistant Editor: Kim Wake

Advisors: Timothy J. Halm, MD, ASAM; Mary P. Hollins, MS, JD; Leslie B. Hutchinson, PhD; Wm. Richard Ludwig, MD; Diane McReynolds, Editor Emeritus; Charles Stuart Platkin, PhD, MPH

Designer: Nicolai Petersen

Reproduction in any form of any part of this publication is a violation of federal copyright law and is strictly prohibited. ©2010, Oakstone® Publishing, LLC, dba Personal Best®, 100 Corporate Parkway, Suite 600, Birmingham, AL 35242; (800) 871-9525, Oakstone, Personal Best and Body Bulletin are registered trademarks of Oakstone Publishing, LLC.

The content herein is in no way intended to serve as a substitute for professional advice. Sources available on request.

DESKTOP DINING

If you type on a crumb-filled keyboard, you are probably a desktop diner. In fact, an estimated 70% of U.S. workers have lunch at their desk several times a week, according to the American Dietetic Association. You may save time, but is desktop dining a healthy practice?

Is your waistline growing? Our time-starved lifestyles make multitasking inevitable, but desktop diners run the risk of weight gain if they're prone to mindless munching and unbalanced food choices.

Eating while distracted makes it easy to ignore your fullness cues and overeat, which can add pounds over time. Plus, in a time crunch, you may grab a bag of chips or a giant muffin for a fast meal.

These poor nutritional choices wreak havoc on energy levels, nutrient intake and your waistline. If you must work through lunch:

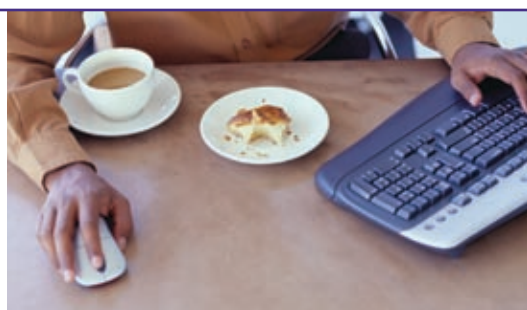
- Bag a lunch from home. Are you really too busy to munch on nutritious foods and avoid the unhealthy options?
- Control your portions. Bring food in single-serve containers so you won't overindulge if you are distracted.

Use Your City Wellness Programs

Are you ready to work on a healthier lifestyle? Check out these healthy living programs available to City of Seattle employees and family members.

- **Weight Management:** Participate in Weight Watchers and receive special pricing for selected services. Enroll: 1-866-442-1232; more information at personnelweb/content/InWeb/Benefits/pubs/WeightWatchers.PDF.
- **Tobacco Cessation:** *Quit for Life* is a free quit tobacco program. A Quit Coach will help you set a quit date and decide if free nicotine replacement therapy is right for you. Enroll: 1-866-784-8454; more information at www.quitnow.net.
- **Employee Assistance Program:** You and your household members have up to six in-person counseling visits per issue per year at no cost to you. Work/Life support services also available. Contact: 1-888-272-7252; www.horizoncarelink.com (user name: city of seattle; password: city of seattle).

Take the next step for your and your family's health.



- Take at least 10 minutes and really *taste* your food. Even if you are at your desk, take a break from your phone and email.

Is your desk dirty? When was the last time you *really* cleaned your desk or your phone receiver? A University of Arizona study found that the average workplace desk harbors 400 times more bacteria than the average toilet seat. The researchers also found that phones, desktops and keyboards have the most germs, in that order.

Bacteria can potentially cause illness, so use disinfectant or a sanitizer in your work space to reduce bacteria levels. It's also important to wash your hands frequently with warm water and plain soap.

Don't forget, you deserve a break. Get up and away from work for a bit, take a walk or do some stretching after eating. This gives your body and mind a much-needed break. You'll also burn calories and return to your desk refreshed and re-energized.

Hearty Barley Soup

Serve a crowd or save some in your freezer.

- 1 cup pearl barley, pre-soaked
- $\frac{1}{2}$ lb ground beef (80% lean)
- 1 tsp minced garlic
- 1-2 pinches red pepper flakes
- 6 cups vegetable broth, low-sodium
- 1 14.5-oz can unsalted whole tomatoes, chopped
- 1 8-oz package frozen mixed vegetables
- 2 tbsp fresh lemon juice
- 1 tbsp fresh thyme, chopped

- 1 To pre-soak pearl barley: Boil 4 cups of water in a medium pot, add barley and cook for 2 minutes; remove from heat and rest for 1 hour, or until barley plumps.
- 2 In a large pot, brown meat; stir in garlic and red pepper flakes. Drain off excess fat.
- 3 Stir in barley, broth and tomatoes. Bring to a boil, reduce heat and cover. Simmer 15 minutes.
- 4 Add frozen vegetables, lemon juice and thyme. Simmer 15 minutes or until vegetables are tender. Add extra water if soup is too thick.

Garnish suggestions: chopped scallions and crumbled feta cheese; salt and pepper to taste.

Nutrition Facts

MAKES 12 CUPS – 8 (1½ CUP) SERVINGS.

Amount Per Serving			
Calories 176			
Total Fat	3.8g	Total Carbohydrate	28g
Saturated Fat	1.3g	Dietary Fiber	4.7g
Cholesterol	2mg	Sugars	4g
Sodium	150mg	Protein	7.8g

©2010 Oakstone® Publishing, LLC